



HOLLY PARK  
PRIMARY SCHOOL

## PE Curriculum Map

Year Group	Autumn	Spring	Summer
Reception	Follow EYFS framework Use of outdoor and environment	Follow EYFS framework Use of outdoor and environment 1 planned hall session	Follow EYFS framework Use of outdoor and environment Ball area
Year 1	Gymnastics – Flight (Bouncing, Jumping, Landing)  Games - Large ball skills  Dance - Animals  Games -Throwing, catching and aiming	Dance – Performance dance  Games – Bat and ball skills  Gymnastics- Points and Patches  Games – Skipping skills and healthy activity circuits	Gymnastics- Rocking and Roling  Athletics  Dance – The seasons  Games – Medium and large ball skills
Year 2	Gymnastics- Pathways (Straight, Zig-Zag, Curving)  Games - Throwing and catching  Dance – Starry Skies  Games – Developing dribbling, hitting and kicking	Dance – Performance dance  Games – Making up own games using existing skills – focus on individual and partner games  Gymnastics- Turning, Spinning, Twisting  Games – Developing skipping skills and healthy activity circuits	Gymnastics – Linking movements together  Athletics  Dance - Plants  Games -Inventing games involving attacking and defending
Year 3	Gymnastics – Stretching, curling and arching  Games-Developing throwing and Catching skills.  Dance – Performance dance  Invasion Games Develop basic skills	Dance - Volcanoes  Invasion Games Passing, Receiving and Ball Handling Skills (Netball)  Gymnastics-Symmetry and Asymmetry  Fitness and healthy lifestyles activities	Gymnastics-Travelling with a change of front and change of direction  Athletics - Throwing, Jumping and Running  Dance – Country dancing  Striking & Fielding

	(Hockey)		Building Cricket Skills (Cricket)
Year 4	<p>Swimming/Gymnastics Balance</p> <p>Invasion Games Building passing, receiving &amp; small games (Basketball)</p> <p>Swimming/Gymnastics Receiving body weight</p> <p>Invasion Developing and building Football skills (Football)</p>	<p>Swimming/Gymnastics Balance</p> <p>Invasion Building dribbling passing &amp; scoring skills with small games (Tag rugby)</p> <p>Swimming/Gymnastics Receiving body weight</p> <p>Fitness and healthy lifestyles activities</p>	<p>Dance – African dance</p> <p>Athletics Throwing, Jumping, Running</p> <p>Gymnastics- Rolling</p> <p>Net/Wall Developing Racket Skills (Tennis)</p>
Year 5	<p>Gymnastics - Bridges</p> <p>Invasion Developing dribbling, passing &amp; shooting skills with games (Netball)</p> <p>Dance – from around the world</p> <p>Invasion Developing dribbling, passing &amp; shooting skills with games (Hockey)</p>	<p>Dance – Ancient Greece</p> <p>Invasion Developing rugby skills (Tag Rugby)</p> <p>Gymnastics-Flight</p> <p>Athletics - Throwing, Jumping and Running</p>	<p>Gymnastics – Spinning and Turning</p> <p>OAA</p> <p>Fitness and healthy lifestyles activities including leadership skills</p> <p>Dance – Eco Dance</p> <p>Striking &amp; Fielding Developing cricket skills, game awareness and problem solving (Cricket)</p>
Year 6	<p>Gymnastics – Matching, Mirroring and Contrasting</p> <p>Invasion Games Developing dribbling, passing &amp; shooting skills with games (Basketball)</p> <p>Dance - WW2</p> <p>Invasion Attacking and defending strategies (Handball)</p>	<p>Gymnastics – Counter-Balance/Tension</p> <p>Invasion Developing Football skills (Football)</p> <p>Dance - Electricity</p> <p>Athletics Throwing, Jumping, Running</p>	<p>Gymnastics – Synchronisation and Canon</p> <p>OAA</p> <p>Fitness and healthy lifestyles activities including leadership skills</p> <p>Dance – Through the decades</p> <p>Net/Wall Developing racket skills, small games introducing tactics and strategies (Tennis/Rounders)</p>

